@mermaid_glowup

nside this guide you will find:
✨ Simple skincare routines tailored for your skin
✨ Daily glow-up tasks to build discipline and self-love
✨ Natural beauty tips, mindset shifts, and confidence boosters
✨. Daily fitness routine recommendation.
✨.health and wealth glow up.
✨looksmaxing and exercises .
✨life quote and relationships rules.

@mermaid_glowup

Welcome, gorgeous
I'm mermaid Maria - the creator of this guide
THIS 30-DAY GLOW-UP JOURNEY WAS WRITTEN WITH LOVE AND INTENTION TO HELP EVERY GIRL FEEL CONFIDENT, RADIANT, AND ALIGNED WITH HER FEMININE POWER
YOU DON'T NEED EXPENSIVE PRODUCTS.
YOU JUST NEED THE RIGHT PLAN – AND THAT'S EXACTLY WHAT THIS GUIDE OFFERS.
TAKE IT ONE DAY AT A TIME, AND WATCH YOURSELF TRANSFORM
YOU DESERVE TO GLOW LIKE THE GODDESS YOU ARE.
WITH LOVE,
MERMAID MARIA

@mermaid_glowup

.Know your skin type :

Step 1: Wash and Wait

Gently wash your face with a mild cleanser.

Pat it dry with a towel – don't apply any product.

Wait 1 full hour.

Step 2: Observe Your Skin

Stand in front of a mirror or use a tissue and check these areas:

Area	What to check for
T-zone (forehead, nose, chin)	Is it shiny or oily?
Cheeks	Dry? Normal? Red? Flaky?
Whole face	Tight or comfortable?

@mermaid_glowup

Tip:

Use a blotting paper if you have one - press it gently on your face after 1 hour. If it absorbs oil in some zones but not others, you likely have combination skin.

🌼 Skincare for Normal Skin:

Your skin is naturally balanced — not too oily, not too dry. But that doesn't mean you skip care! The goal is to maintain the glow and protect it from damage.

🌞 Morning Routine

1. Cleanser – Use a gentle, hydrating face wash.
🧴 Example: CeraVe Hydrating Cleanser or a simple glycerin-based soap

2. Toner (optional) – Rose water or aloe vera mist to refresh.

3. Moisturizer – Lightweight cream or gel.
💧 Even normal skin needs hydration!

4. Sunscreen – SPF 30+ every day, even when it's cloudy.
☀️ This is your anti-aging secret!

🌙 Night Routine

1. Cleanser - Same as morning to remove dirt or makeup.

2. Exfoliate (2x/week) - Soft scrub or enzyme exfoliant.
🧂 DIY: sugar + honey = natural glow scrub

3. Moisturizer - A bit richer than daytime, or a night cream.

4. Lip balm + under-eye gel (optional) = soft and smooth skin 💋

🧜‍♀️ Mermaid Tip:

> Even normal skin can become dry or oily due to weather or hormones.
Always listen to your skin — adjust your routine when needed 💖

2. 🎯 Skincare for Sensitive Skin

Your skin is delicate, reactive, and sometimes unpredictable. The goal is to calm, protect, and strengthen your skin barrier without irritation.

☀️ Morning Routine

1. Gentle Cleanser - Fragrance-free and soap-free
💧 Example: La Roche-Posay Toleriane, Cetaphil, or just raw honey

2. Thermal Water Spray or Aloe Mist - To reduce redness.

3. Moisturizer - Choose soothing ingredients (ceramides, niacinamide, oat).
💧 Avoid alcohol, strong acids, or perfumes!

4. Sunscreen - Physical/mineral sunscreen with zinc oxide or titanium dioxide
☀️ Avoid chemical filters – they might irritate

🌙 Night Routine

1. Gentle Cleanser – Same as morning.

2. Moisturizer – Thick cream or balm to lock in hydration.

3. (Optional) Soothing oil – Like calendula, squalane, or chamomile.

❌ Avoid: Essential oils, exfoliants, scrubs, masks with alcohol or clay.

🧜‍♀️ Mermaid Tip:

> If your skin gets red or itchy after using a product, stop immediately and simplify your routine. Less is more when it comes to sensitive skin 💖

🌵 Skincare for Dry Skin

Dry skin often feels tight, rough, or flaky. It lacks moisture and sometimes oil. Your goal? Hydration, nourishment, and protection.

🌞 Morning Routine:

1. Hydrating Cleanser – Creamy, non-foaming, no alcohol
🧴 Examples: CeraVe Hydrating, Nivea Milk Cleanser, or almond oil cleanse

2. Toner (optional) – Rose water, rice water, or aloe vera (alcohol-free)

3. Moisturizer – Rich cream with hyaluronic acid or glycerin
💧 Massage gently to stimulate blood flow

4. Sunscreen – SPF 30+, preferably moisturizing formula
🌞 Look for added oils like jojoba or shea butter

🌵 Skincare for Dry Skin

🌙 Night Routine:

1. Cleanser – Same or milky cleanser

2. Exfoliate (1x/week) – Only gentle scrubs (oatmeal + yogurt)

🧴 No acids unless your skin is used to them

3. Thick Moisturizer or Overnight Mask – Shea butter, Vaseline layer (slugging), or rich night cream

4. (Optional) Facial oil – Argan, rosehip, or avocado oil

🧜‍♀️ MERMAID TIP:

> Drink water throughout the day 💧
Use a humidifier if your room is dry — your skin will thank you!

🌿 Skincare for Oily Skin

Oily skin means your face produces more sebum than needed — hello shine, clogged pores, and sometimes acne.
But don't worry — with the right routine, oily skin can look fresh, clean, and healthy 🌟

☀️ Morning Routine

1. Cleanser – Gel-based or foaming, with salicylic acid or tea tree
🧴 Example: Garnier Pure Active, Neutrogena Oil-Free, or African black soap

2. Toner – Witch hazel, green tea, or rose water (alcohol-free)

3. Light Moisturizer – Oil-free, gel texture (like aloe vera gel)
💧 Even oily skin needs hydration to avoid more oil production!

4. Sunscreen – Matte finish, non-comedogenic SPF 30+
☀️ Skip oily formulas – go for gel sunscreens

🌿 Skincare for Oily Skin

🌙 Night Routine

1. CLEANSER – SAME OR DOUBLE-CLEANSE IF YOU WEAR MAKEUP

2. EXFOLIATE (2–3X/WEEK) – CLAY-BASED MASK OR GENTLE SCRUB

🧴 DIY: GREEN CLAY + WATER + HONEY = AMAZING DETOX MASK

3. SERUM (OPTIONAL) – NIACINAMIDE OR ZINC TO CONTROL OIL

4. LIGHT MOISTURIZER OR GEL – AVOID HEAVY CREAMS

⚠️ Avoid:

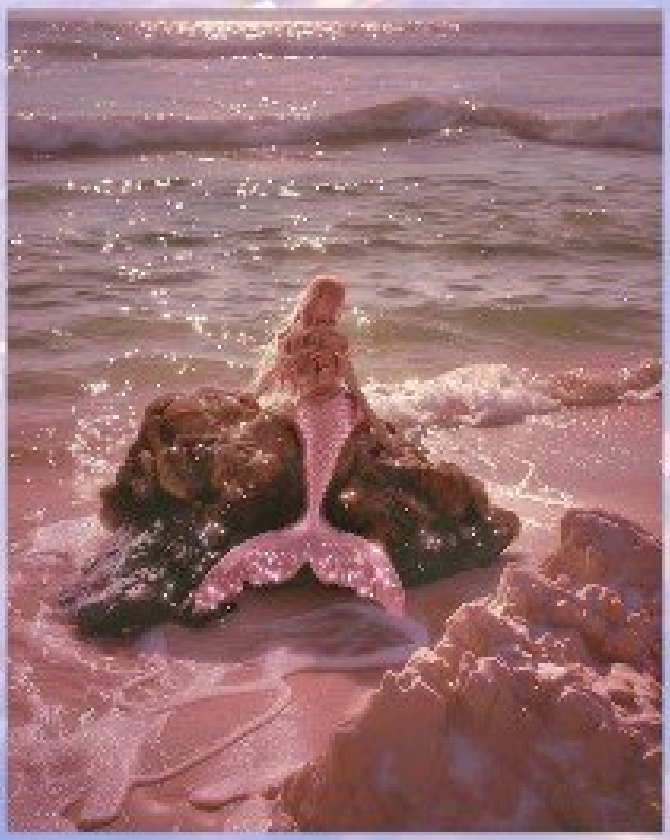
Coconut oil or heavy oils on your face

Over-washing your face (it makes oil worse)

Skipping moisturizer (your skin will produce more oil!)

🧜‍♀️ Mermaid Tip:

> If you treat oily skin like it's dirty, it will rebel. Be gentle. Hydrate it. Control, don't punish 💖



🌓 Skincare for Combination Skin:

☀️ Morning Routine:

If your T-zone (forehead, nose, chin) gets oily, but your cheeks feel normal or dry – you have combination skin.
The goal is: control oil, hydrate dryness, and keep the whole face happy.

Skincare for Combination Skin:

If your T-zone (forehead, nose, chin) gets oily, but your cheeks feel normal or dry – you have combination skin.

The goal is: control oil, hydrate dryness, and keep the whole face happy.

🌓 Skincare for Combination Skin:

🌙 Night Routine:

1. Cleanser – Double-cleanse if you wear makeup (oil then gel)

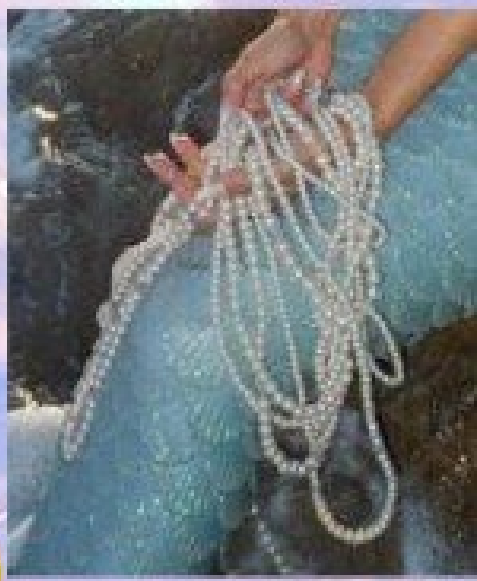
2. Exfoliate (1–2x/week) – Focus on T-zone (like green clay or gentle scrub)

3. Hydrating serum (optional) – Like hyaluronic acid

4. Moisturizer – Use cream where dry + gel where oily

🌗 Skincare for Combination Skin:

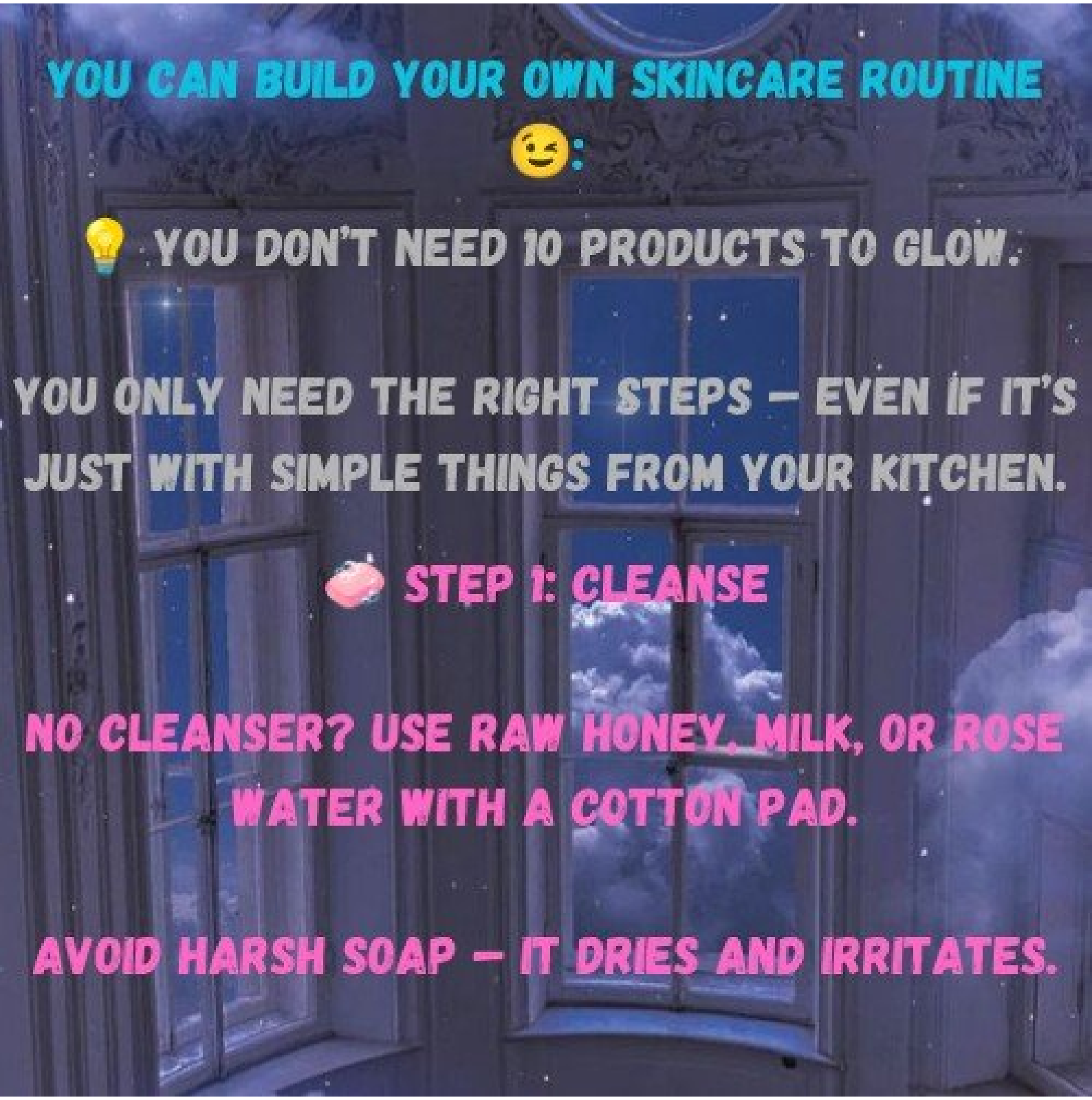
🧜‍♀️ Mermaid Tip:



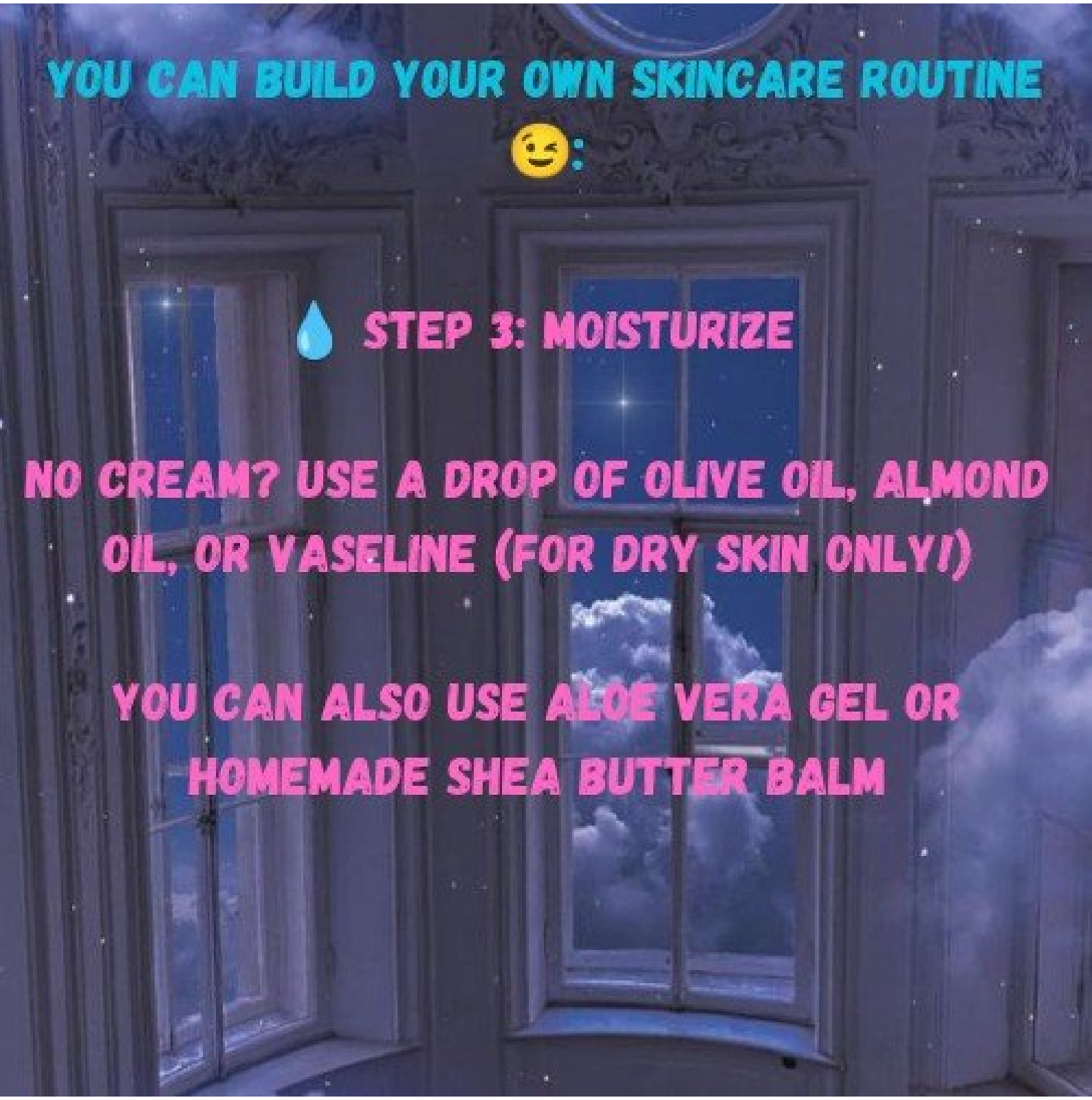
Use multi-masking!
Clay mask on your T-zone + hydrating mask on your cheeks = perfect balance 🌙

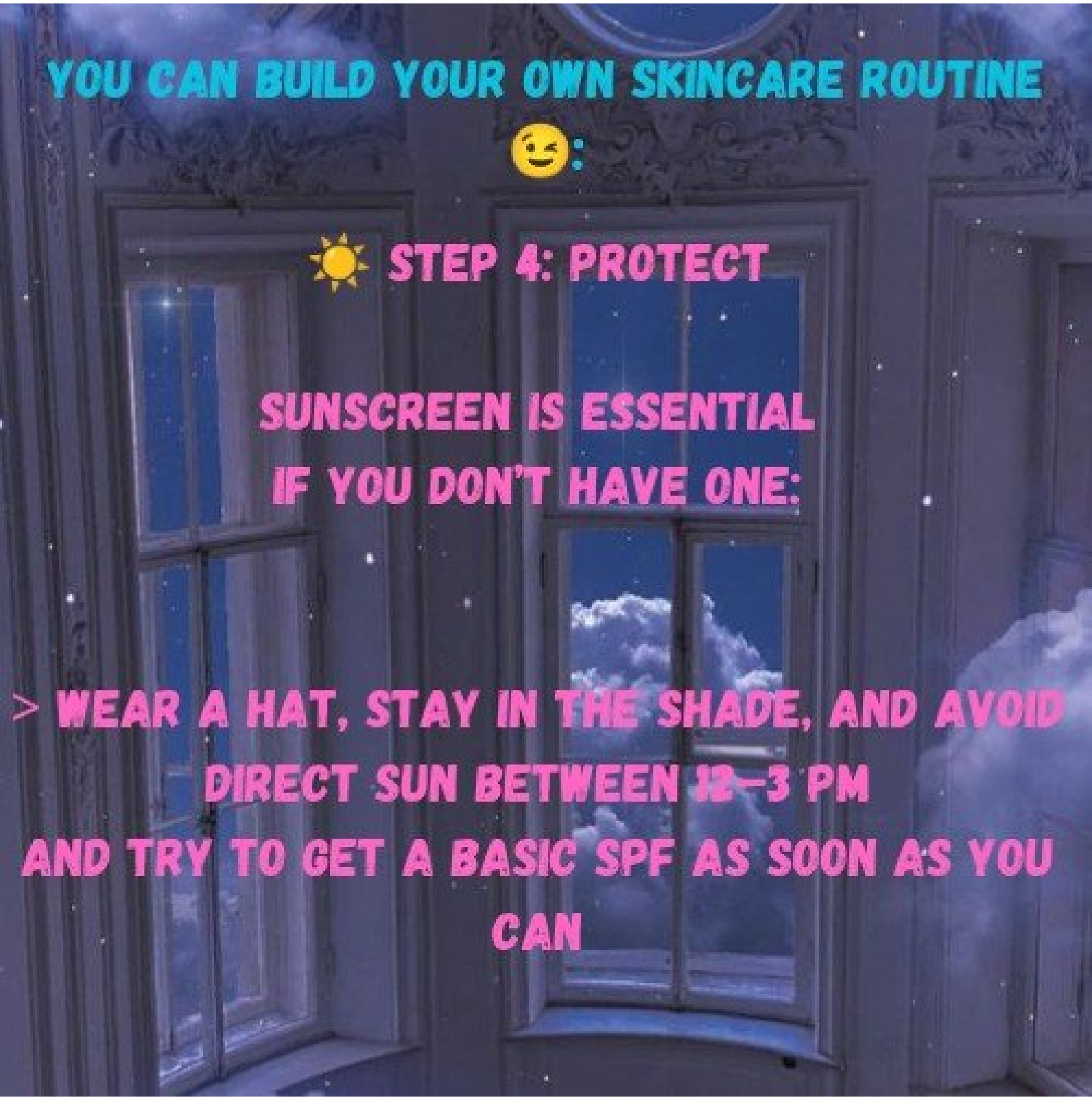
✨

Skincare for
Combination Skin:
Watch out:
Don't treat your whole face like it's oily
DON'T OVER-DRY YOUR T-ZONE – IT WILL PRODUCE MORE OIL!


YOU CAN BUILD YOUR OWN SKINCARE ROUTINE 😉:
💡 YOU DON'T NEED 10 PRODUCTS TO GLOW.
YOU ONLY NEED THE RIGHT STEPS – EVEN IF IT'S JUST WITH SIMPLE THINGS FROM YOUR KITCHEN.
🧼 STEP 1: CLEANSE
NO CLEANSER? USE RAW HONEY, MILK, OR ROSE WATER WITH A COTTON PAD.
AVOID HARSH SOAP – IT DRIES AND IRRITATES.

YOU CAN BUILD YOUR OWN SKINCARE ROUTINE 😉:
💦 STEP 2: TONE (OPTIONAL)
SPLASH YOUR FACE WITH COLD WATER OR ICE CUBES
USE NATURAL ROSE WATER OR GREEN TEA AS TONER


YOU CAN BUILD YOUR OWN SKINCARE ROUTINE 😉:
💧 STEP 3: MOISTURIZE
NO CREAM? USE A DROP OF OLIVE OIL, ALMOND OIL, OR VASELINE (FOR DRY SKIN ONLY!)
YOU CAN ALSO USE ALOE VERA GEL OR HOMEMADE SHEA BUTTER BALM


YOU CAN BUILD YOUR OWN SKINCARE ROUTINE 😉:
☀️ STEP 4: PROTECT
SUNSCREEN IS ESSENTIAL
IF YOU DON'T HAVE ONE:
> WEAR A HAT, STAY IN THE SHADE, AND AVOID DIRECT SUN BETWEEN 12–3 PM
AND TRY TO GET A BASIC SPF AS SOON AS YOU CAN

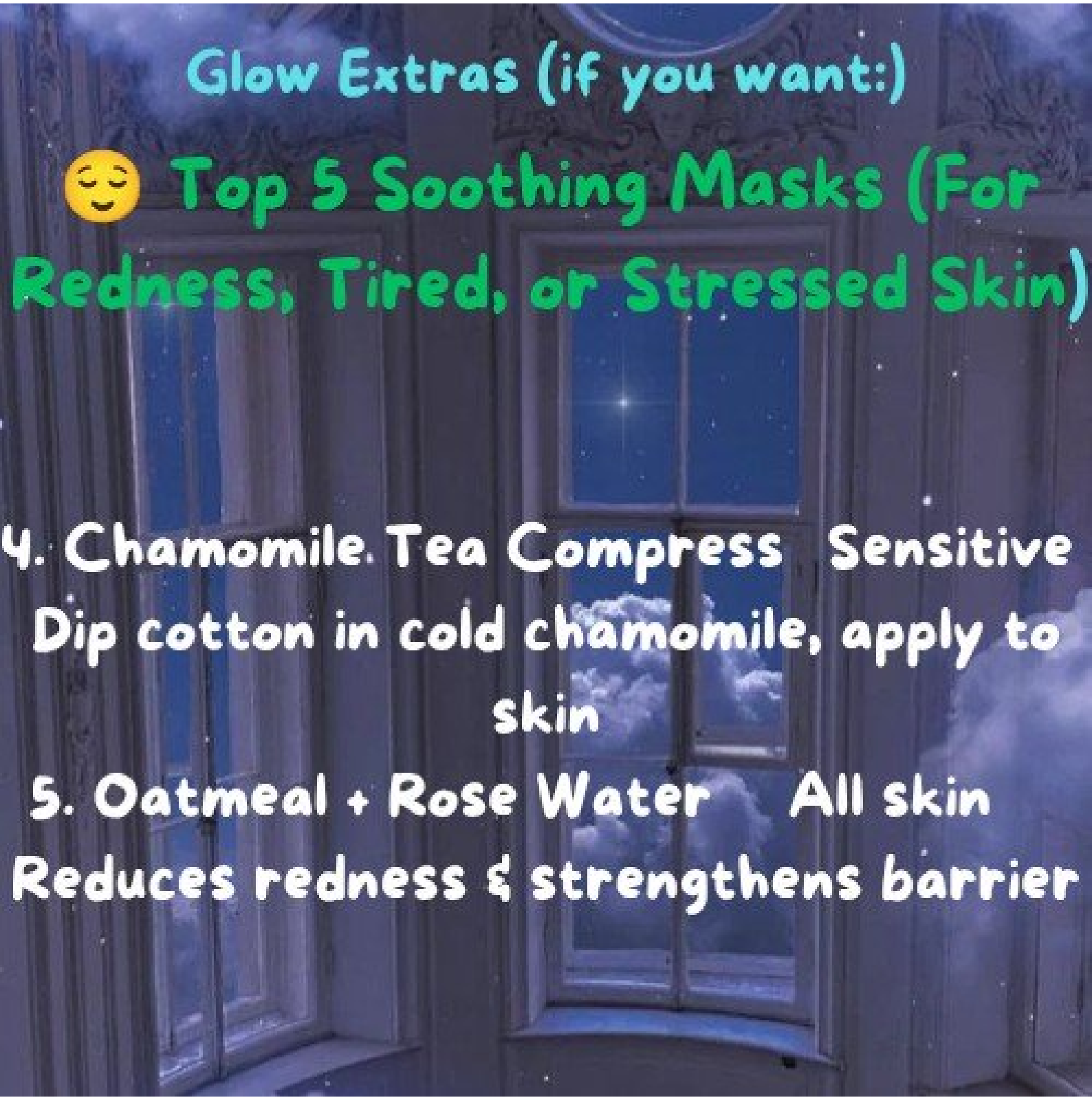
Glow Extras (if you want:)

🧂 Top 5 Soft Scrubs (Gentle Exfoliation):

Scrub	Best For	How to Use
1. Honey + Sugar	All skin types	1 tsp honey + 1 tsp sugar → rub gently in circles (1x/week)
2. Oatmeal + Yogurt	Sensitive/dry	Blend oats + 1 tbsp yogurt → calming and soothing
3. Coffee + Aloe Vera	Dull/oily skin	1 tsp coffee + aloe → glow and tighten pores

Glow Extras (if you want:)
Top 5 Soft Scrubs (Gentle Exfoliation):
Scrub Best For How to Use
4. Rice Powder + Milk Brightening
Mix until paste, apply 3 min then rinse
5. Strawberry + Honey Blackheads
Mash 1 strawberry + honey → fresh & clears skin

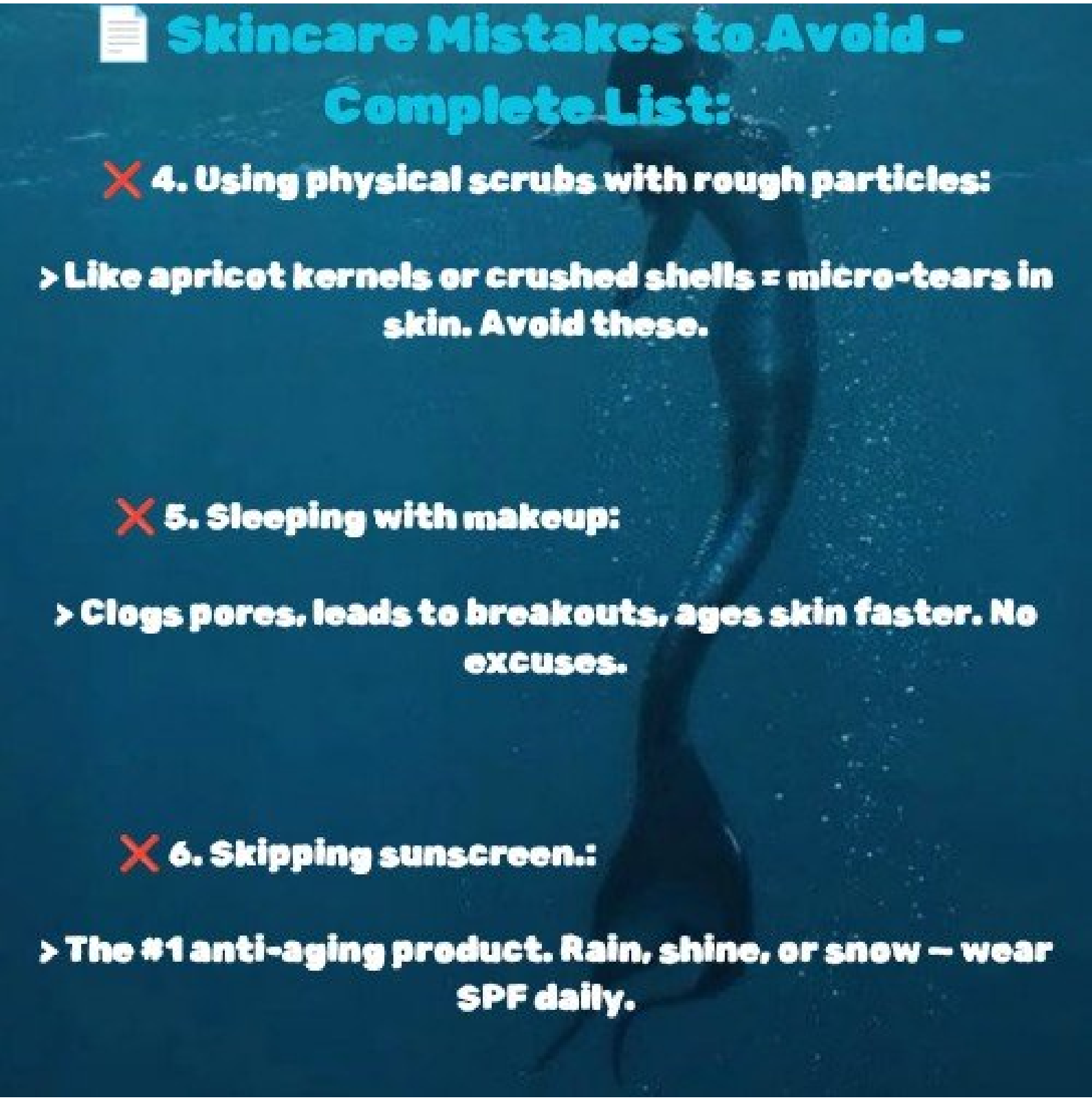
Glow Extras (if you want:)
😌 Top 5 Soothing Masks (For Redness, Tired, or Stressed Skin)
1. Aloe Vera + Honey All types Calms irritation & hydrates
2. Cucumber + Yogurt Oily/Sensitive Cooling + anti-redness
3. Banana + Honey Dry skin Nourishing and softening

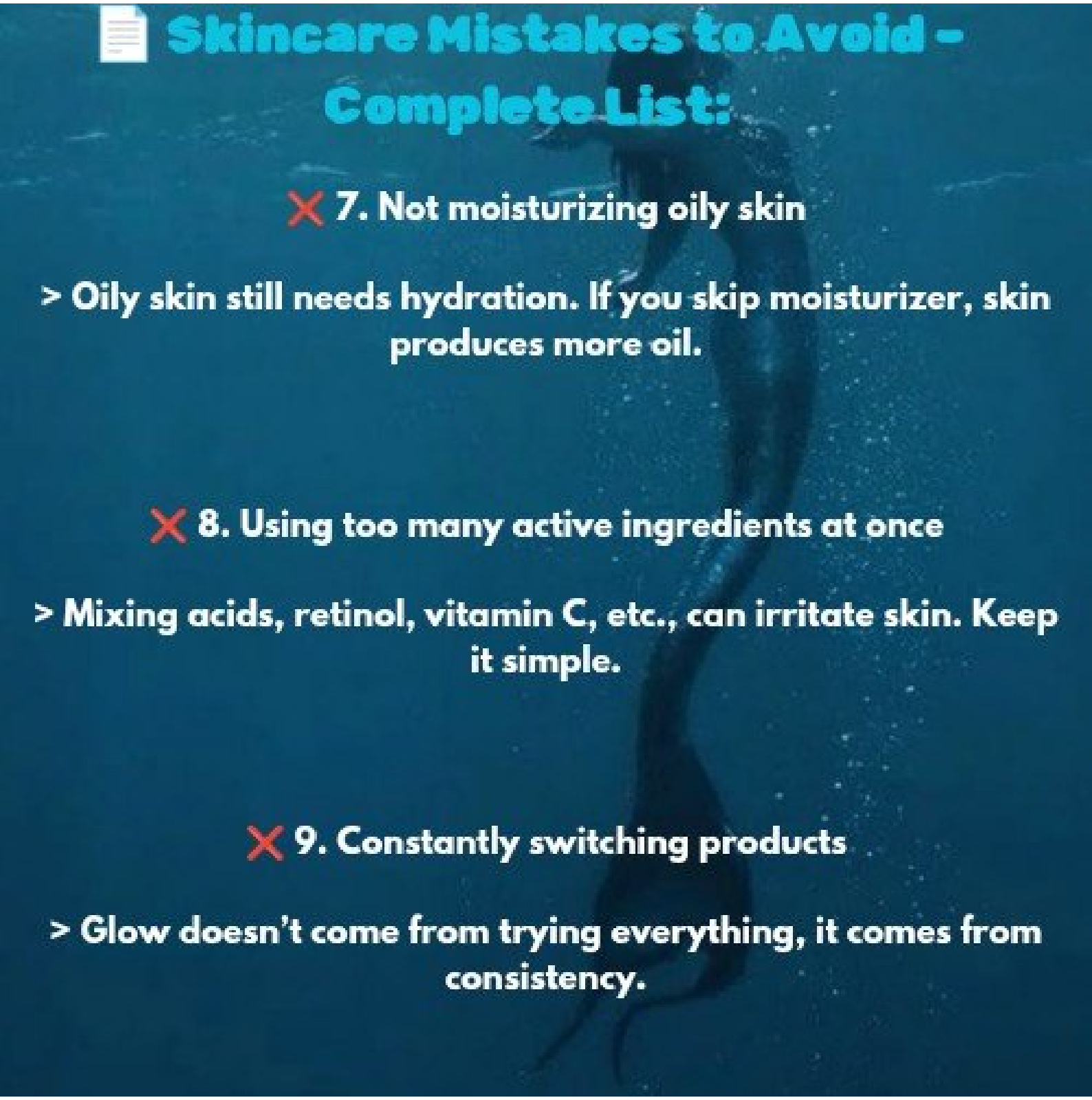

Glow Extras (if you want:)
😌 Top 5 Soothing Masks (For Redness, Tired, or Stressed Skin)
4. Chamomile Tea Compress Sensitive
Dip cotton in cold chamomile, apply to skin
5. Oatmeal + Rose Water All skin
Reduces redness & strengthens barrier

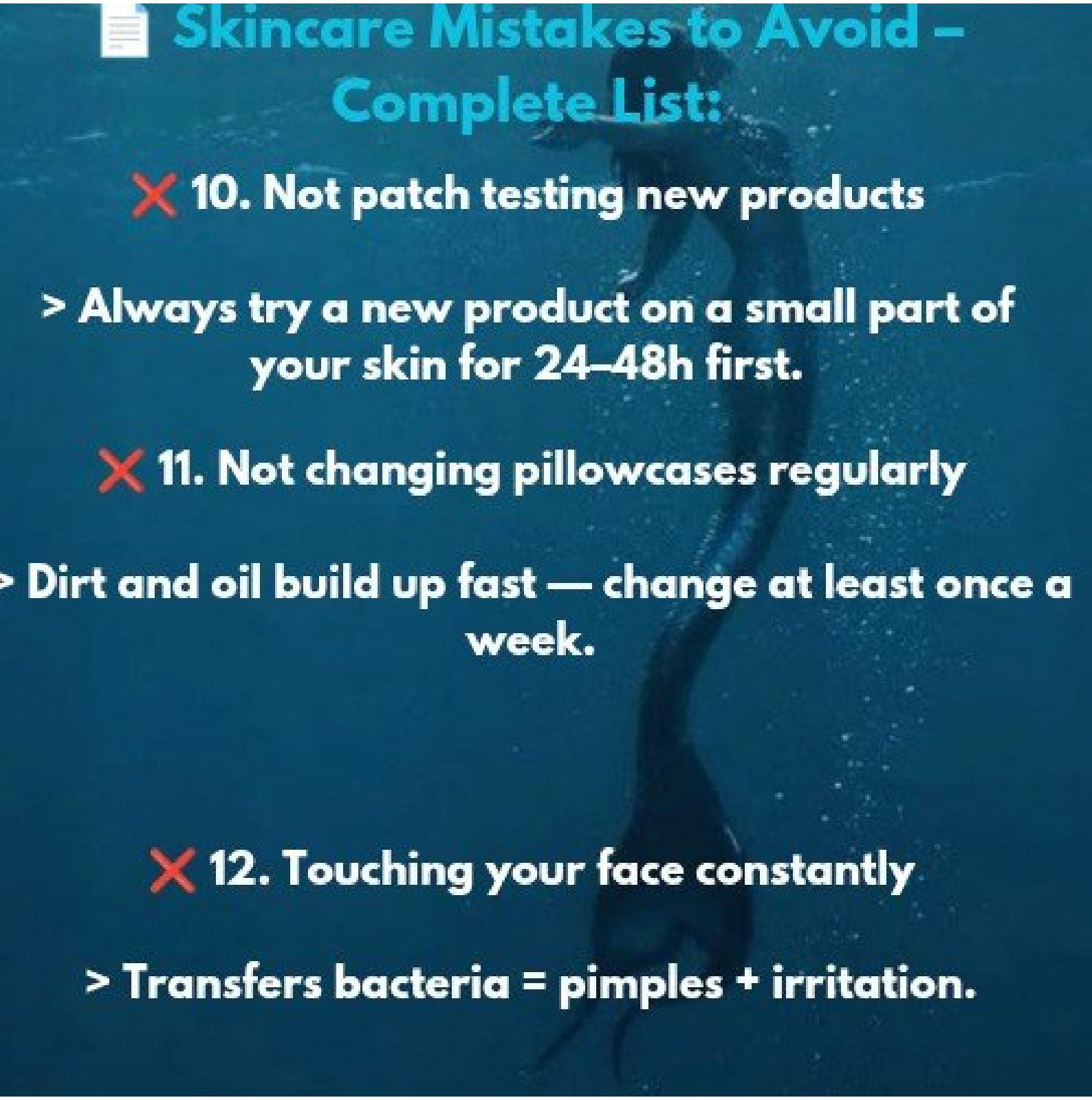
Glow Extras (if you want:)
💦 Top 5 Natural Glow Mists (DIY Hydrating Sprays)
Mist What It Does
1. Rose Water Balances skin, smells amazing 🌹
2. Green Tea + Aloe Antioxidant + soothing mist
3. Cucumber Juice + Glycerin Hydrating and brightening

Glow Extras (if you want:)
💦 Top 5 Natural Glow Mists (DIY Hydrating Sprays)
4. Orange Peel Water Vitamin C glow booster 🍊 (for normal/oily)
5. Rice Water Mist Evens tone + adds glow (ancient K-beauty trick!)
> 🌟 Tip:
Always store your mist in a spray bottle, keep in fridge 3–5 days, and shake before use.

Skincare Mistakes to Avoid - Complete List:
❌ 1. Washing your face with hot water
> Damages your skin barrier and dries you out. Always use lukewarm or cold water.
❌ 2. Over-cleansing
> Washing your face more than 2x a day = skin irritation + oil overproduction.
❌ 3. Over-exfoliating
> More than 2 times a week? You're damaging your skin. Use gentle exfoliants and never scrub harshly.

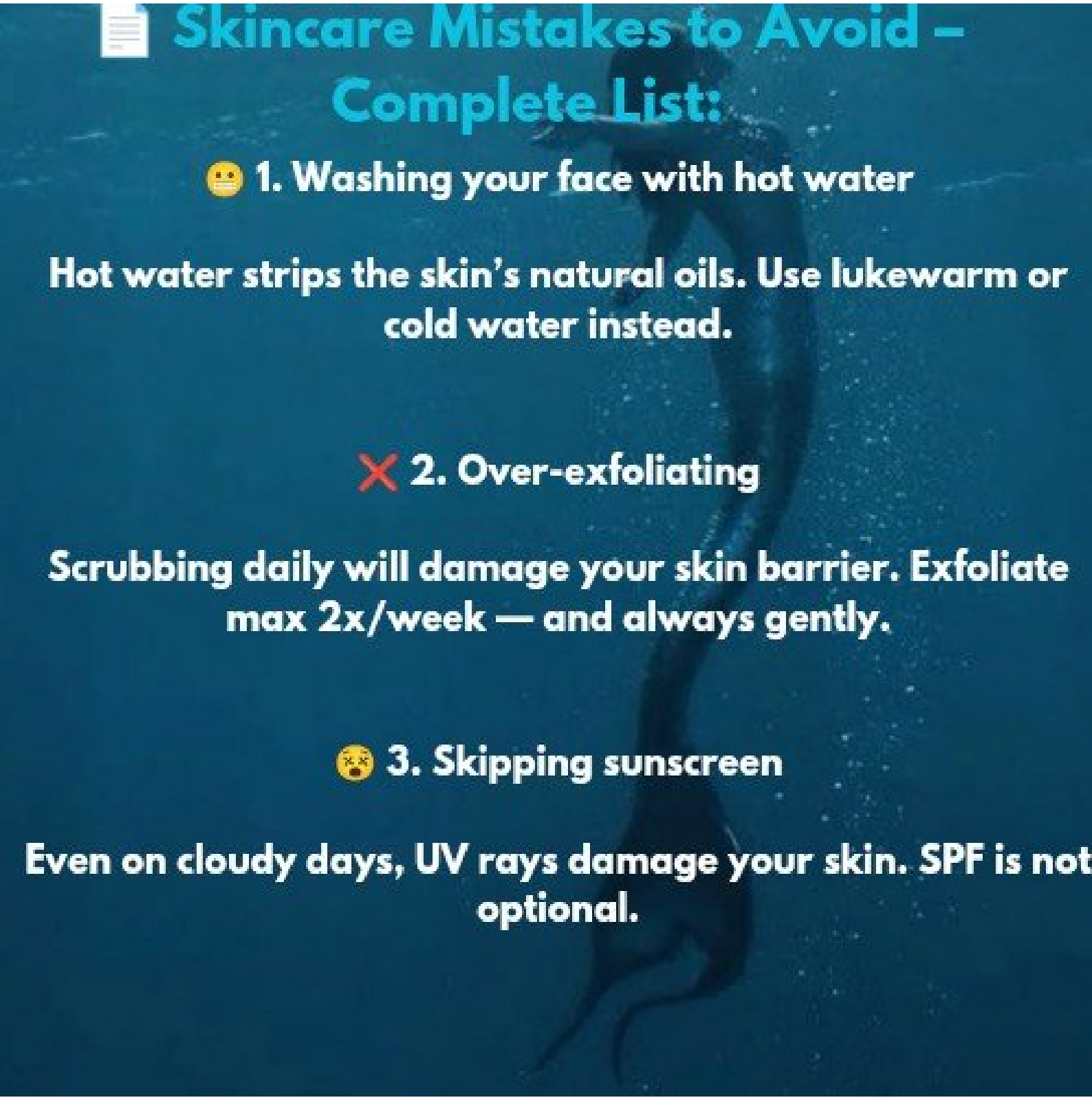

Skincare Mistakes to Avoid - Complete List:
❌ 4. Using physical scrubs with rough particles:
> Like apricot kernels or crushed shells = micro-tears in skin. Avoid these.
❌ 5. Sleeping with makeup:
> Clogs pores, leads to breakouts, ages skin faster. No excuses.
❌ 6. Skipping sunscreen.:
> The #1 anti-aging product. Rain, shine, or snow — wear SPF daily.

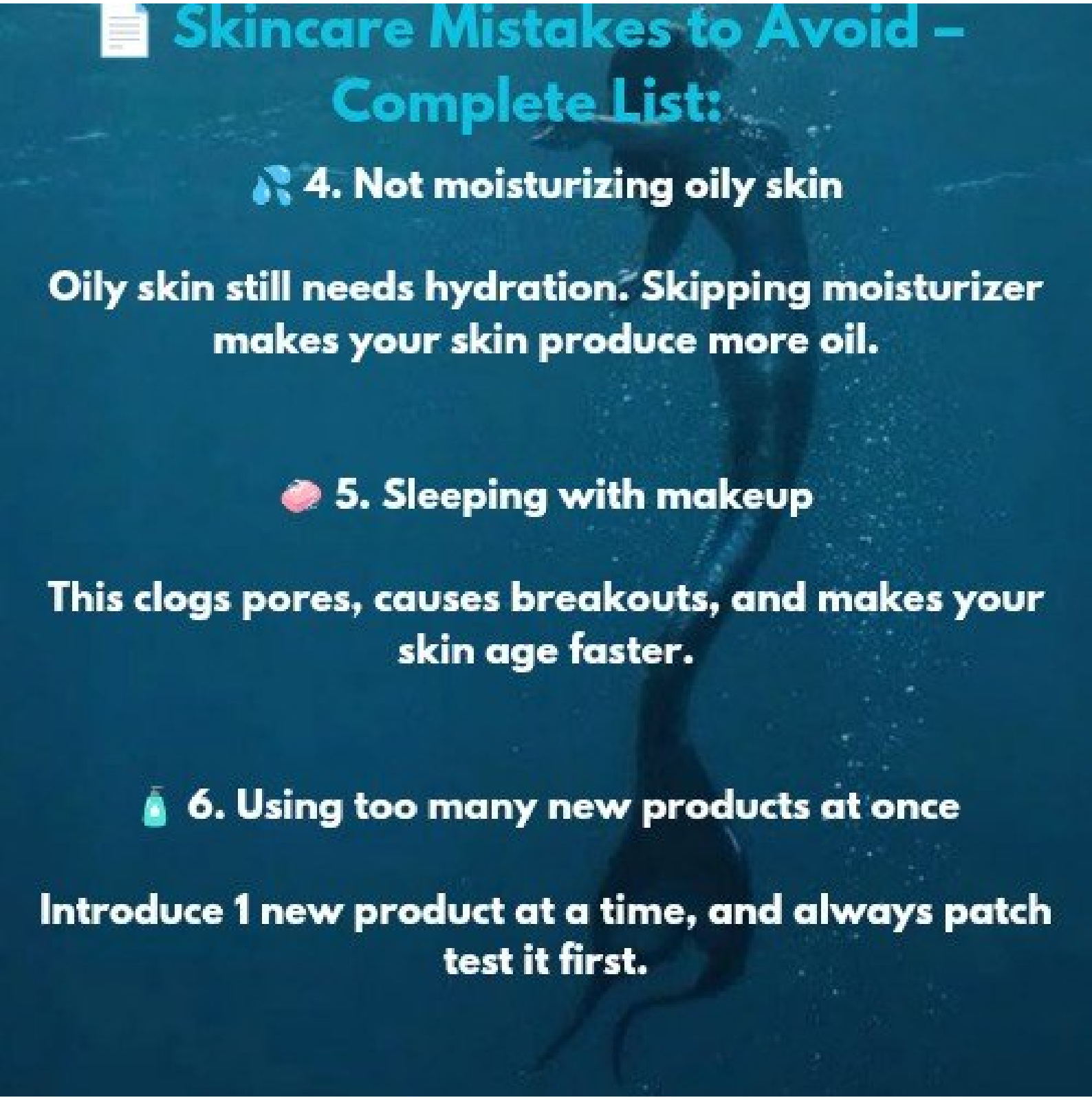

Skincare Mistakes to Avoid – Complete List:
❌ 7. Not moisturizing oily skin
> Oily skin still needs hydration. If you skip moisturizer, skin produces more oil.
❌ 8. Using too many active ingredients at once
> Mixing acids, retinol, vitamin C, etc., can irritate skin. Keep it simple.
❌ 9. Constantly switching products
> Glow doesn't come from trying everything, it comes from consistency.

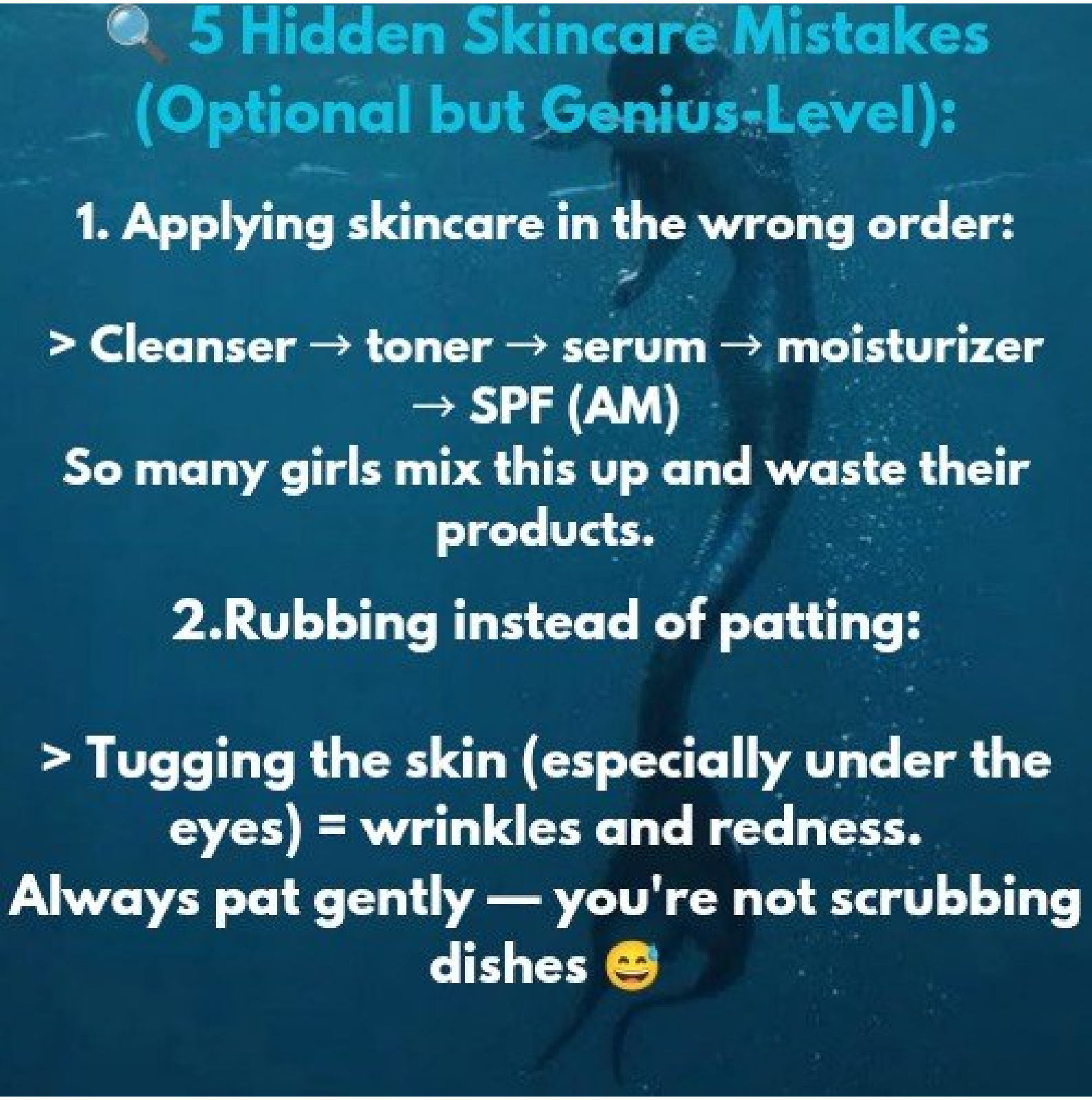

📄 Skincare Mistakes to Avoid – Complete List:
❌ 10. Not patch testing new products
> Always try a new product on a small part of your skin for 24–48h first.
❌ 11. Not changing pillowcases regularly
> Dirt and oil build up fast — change at least once a week.
❌ 12. Touching your face constantly
> Transfers bacteria = pimples + irritation.

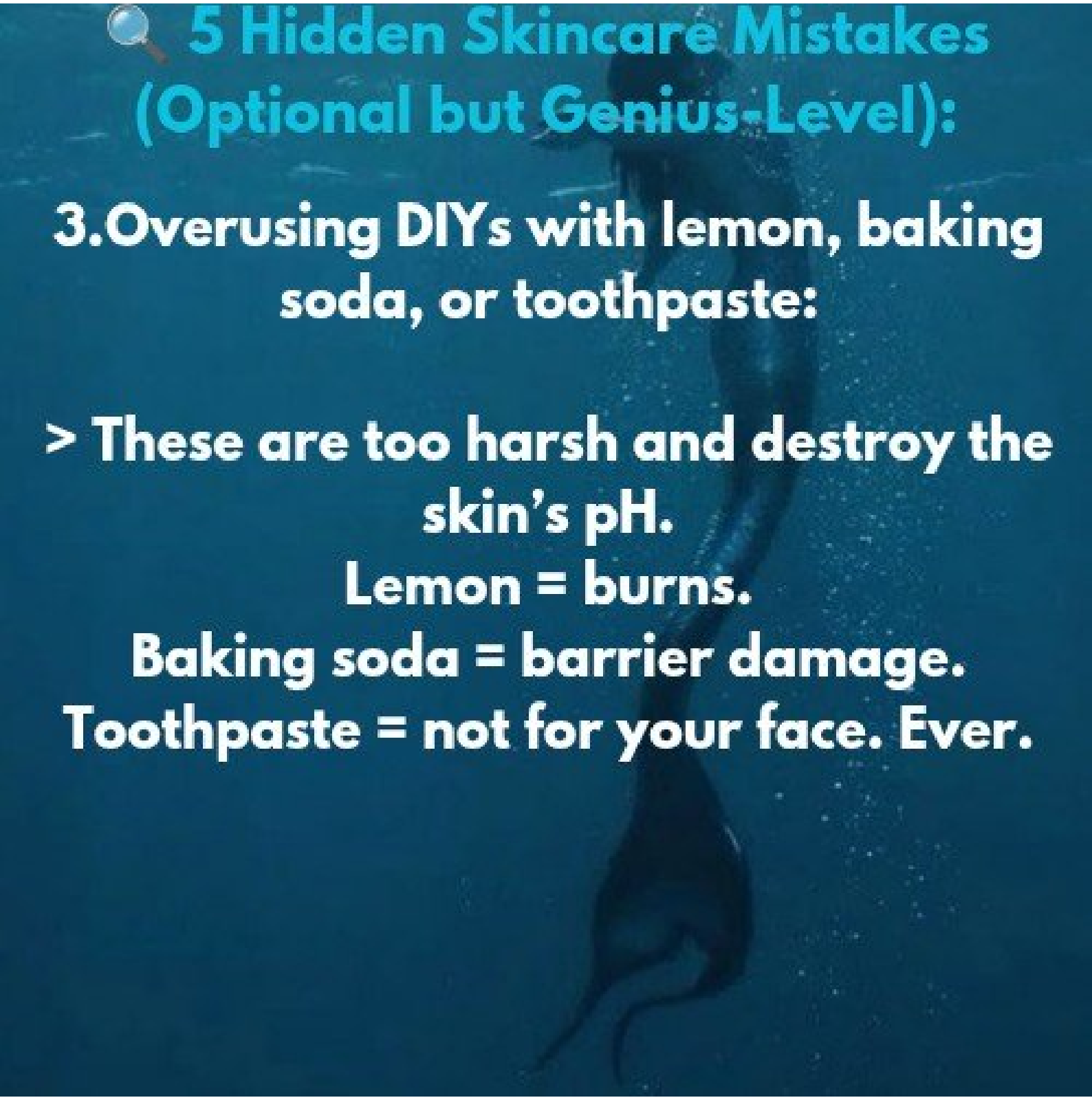
📄 Skincare Mistakes to Avoid – Complete List:
❌ 13. Popping pimples
> Causes scarring, spreads bacteria, damages skin. Resist the urge!
❌ 14. Ignoring neck & hands
> These age quickly — apply moisturizer and SPF to them too!
❌ 15. Not drinking enough water
> Hydration shows on your face. Glow starts from within.

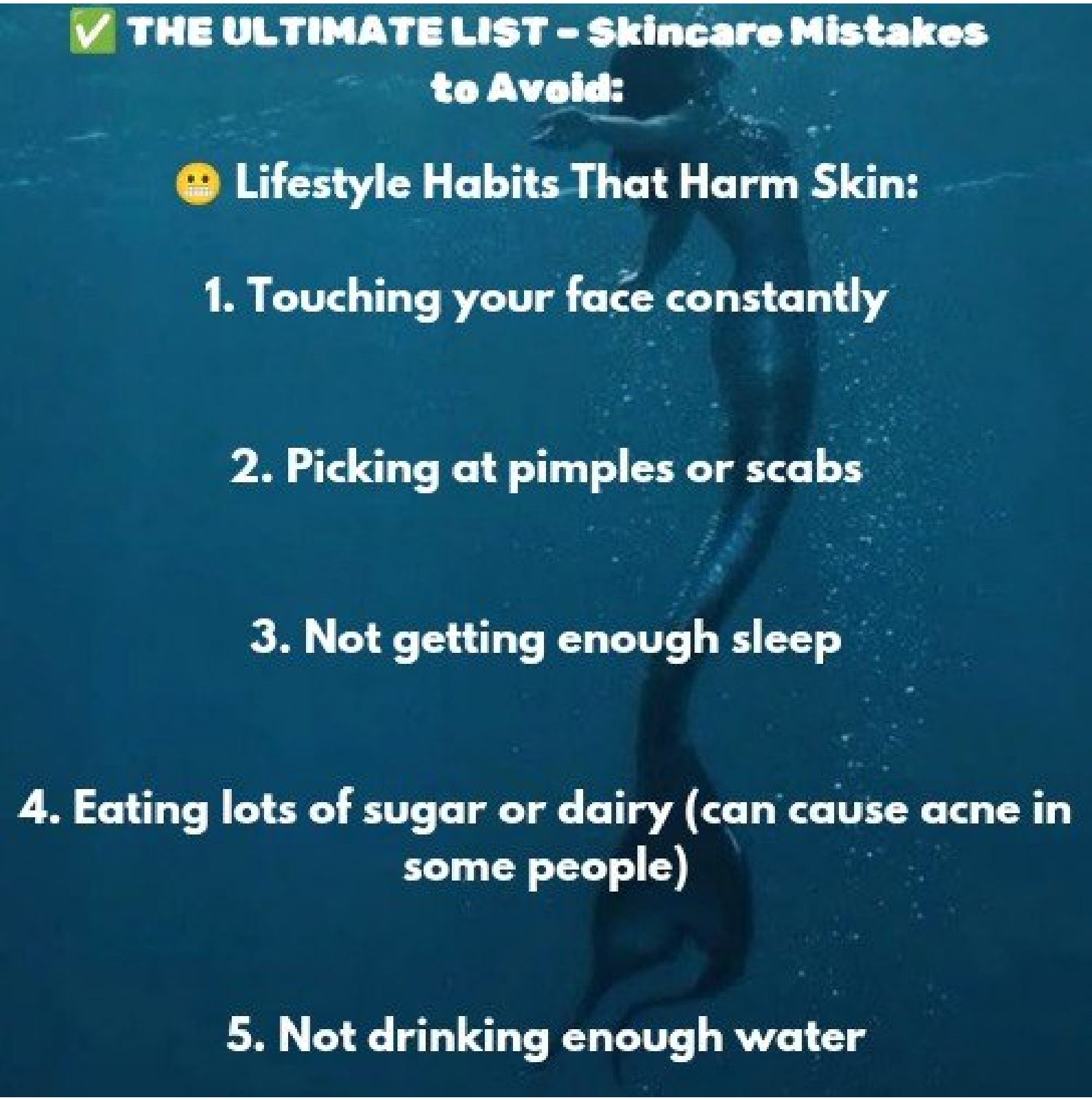
Skincare Mistakes to Avoid –
Complete List:
❌ 16. Not washing your face after sweating
> Sweat + bacteria = clogged pores. Rinse gently after workouts.
❌ 17. Relying only on products
> Sleep, diet, stress, and hormones affect your skin too.

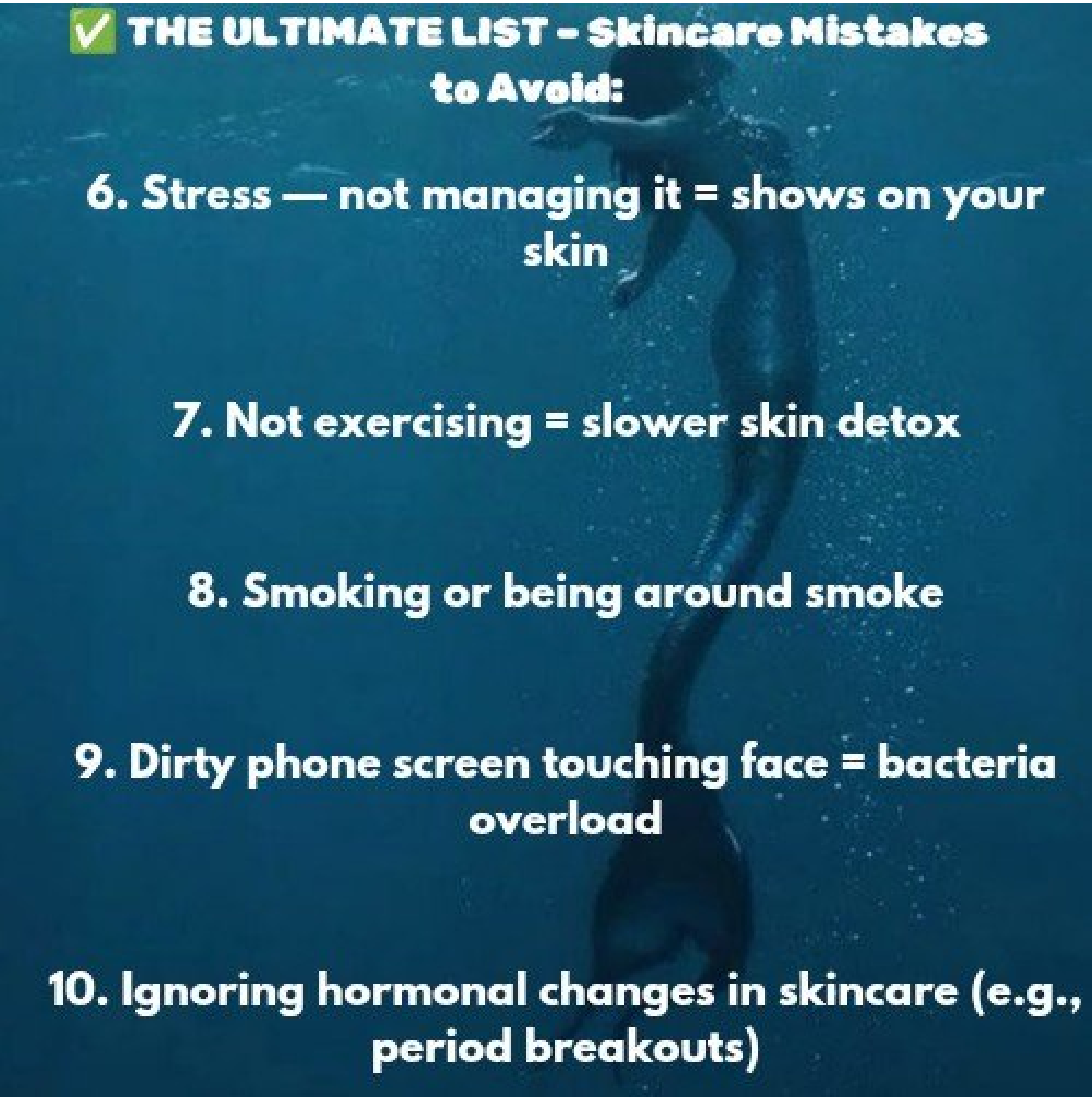

📄 Skincare Mistakes to Avoid – Complete List:
😬 1. Washing your face with hot water
Hot water strips the skin's natural oils. Use lukewarm or cold water instead.
❌ 2. Over-exfoliating
Scrubbing daily will damage your skin barrier. Exfoliate max 2x/week — and always gently.
😵 3. Skipping sunscreen
Even on cloudy days, UV rays damage your skin. SPF is not optional.


📄 Skincare Mistakes to Avoid – Complete List:
💦 4. Not moisturizing oily skin
Oily skin still needs hydration. Skipping moisturizer makes your skin produce more oil.
🧼 5. Sleeping with makeup
This clogs pores, causes breakouts, and makes your skin age faster.
🧴 6. Using too many new products at once
Introduce 1 new product at a time, and always patch test it first.


🔍 5 Hidden Skincare Mistakes (Optional but Genius-Level):
1. Applying skincare in the wrong order:
> Cleanser → toner → serum → moisturizer → SPF (AM)
So many girls mix this up and waste their products.
2.Rubbing instead of patting:
> Tugging the skin (especially under the eyes) = wrinkles and redness.
Always pat gently — you're not scrubbing dishes 😅


🔍 5 Hidden Skincare Mistakes (Optional but Genius-Level):
3.Overusing DIYs with lemon, baking soda, or toothpaste:
> These are too harsh and destroy the skin's pH.
Lemon = burns.
Baking soda = barrier damage.
Toothpaste = not for your face. Ever.


✅ THE ULTIMATE LIST – Skincare Mistakes to Avoid:
😬 Lifestyle Habits That Harm Skin:
1. Touching your face constantly
2. Picking at pimples or scabs
3. Not getting enough sleep
4. Eating lots of sugar or dairy (can cause acne in some people)
5. Not drinking enough water

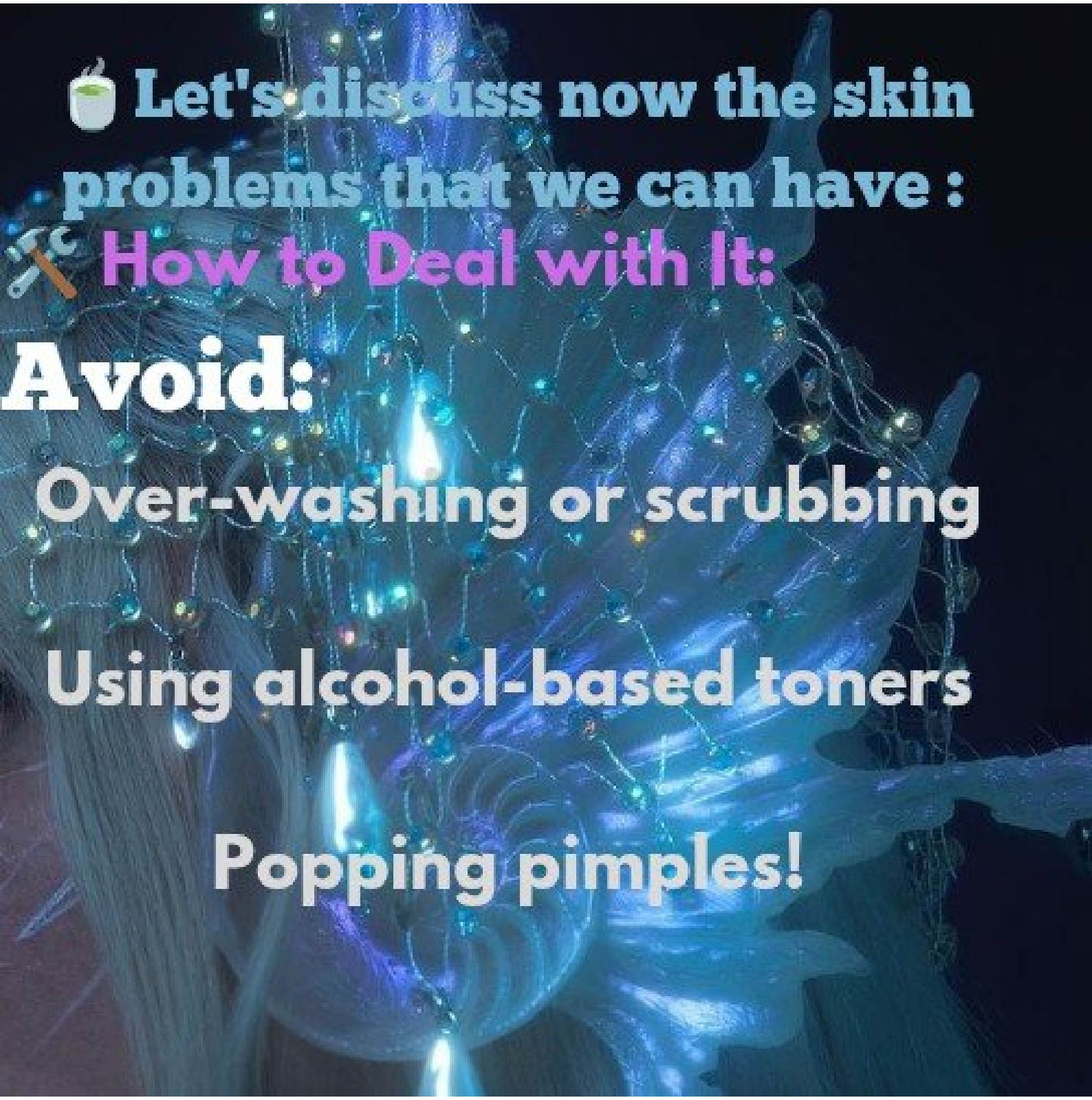

✅ THE ULTIMATE LIST – Skincare Mistakes to Avoid:
6. Stress — not managing it = shows on your skin
7. Not exercising = slower skin detox
8. Smoking or being around smoke
9. Dirty phone screen touching face = bacteria overload
10. Ignoring hormonal changes in skincare (e.g., period breakouts)

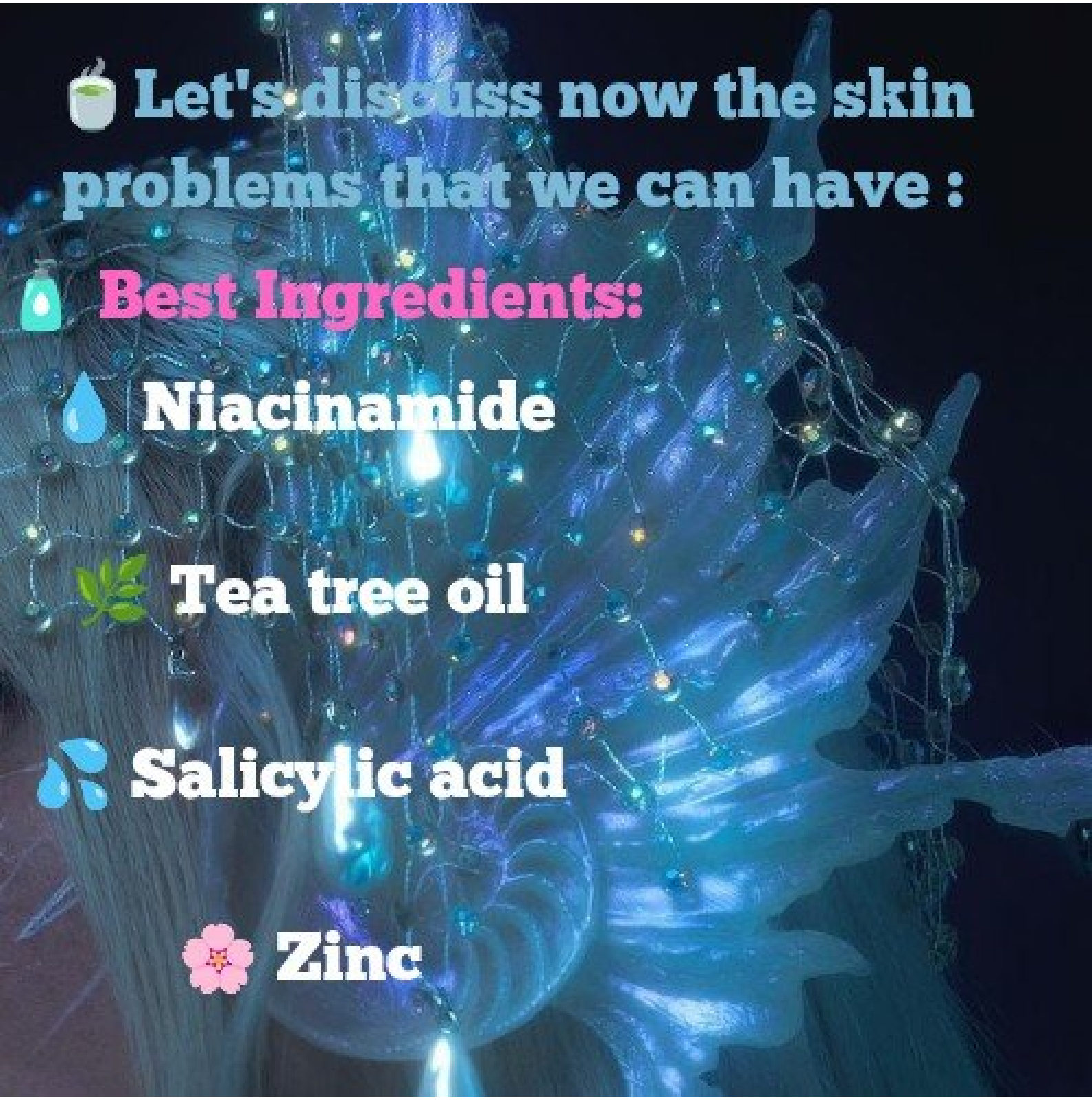
🧡 Final Line to include:
> “Flawed skin is still beautiful skin. What matters is that you love it and care for it – not that it’s flawless.”

Let's discuss now the skin problems that we can have :
Say Bye to Acne!
What is Acne?
.Acne is a common skin condition that shows up as pimples, blackheads, whiteheads, or cysts. It can appear on your face, chest, back, or shoulders.

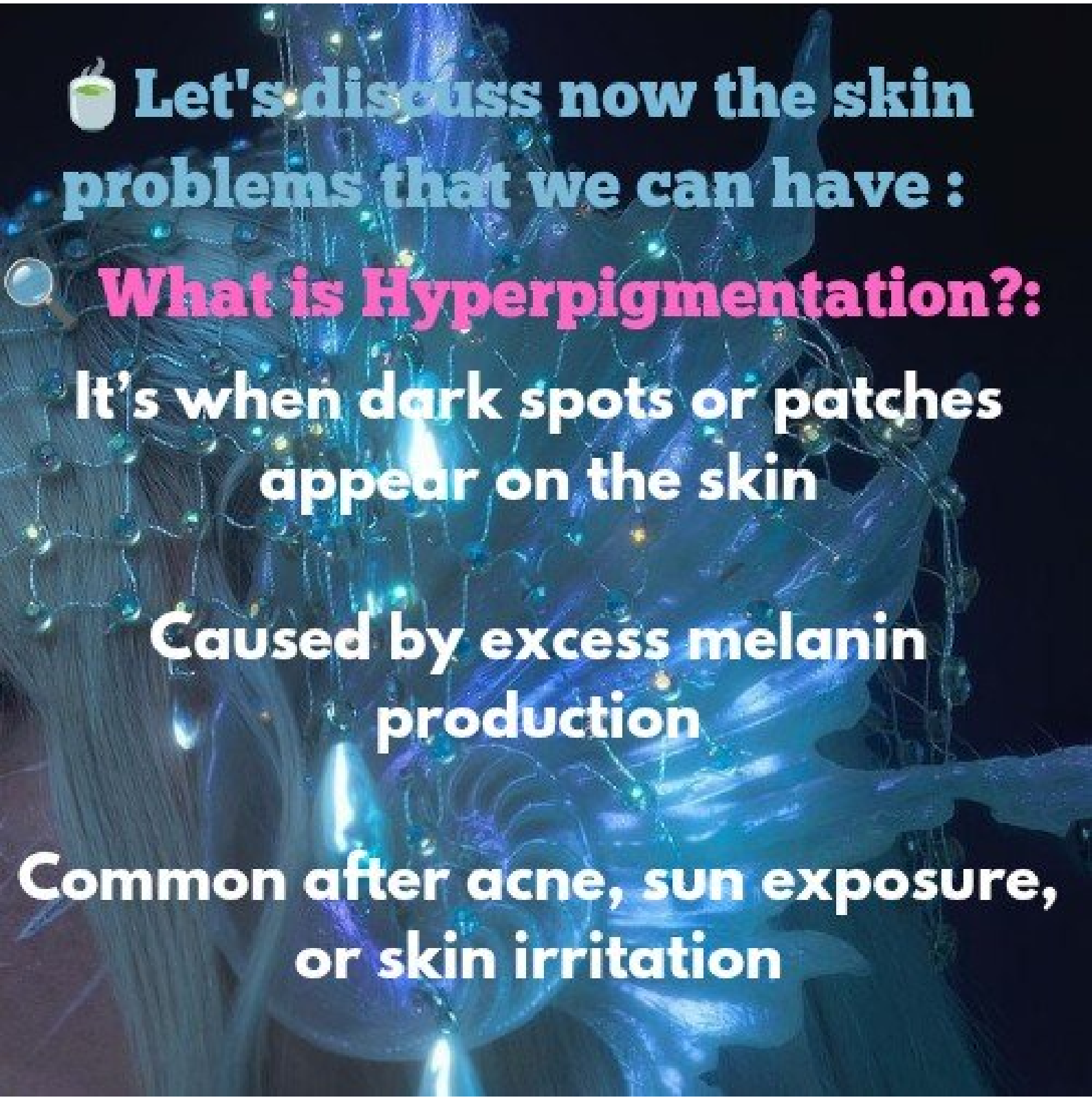
🍵 Let's discuss now the skin problems that we can have :
🧠 Why Does It Happen?
Excess oil (sebum)
Clogged pores
Bacteria
Hormonal changes
Stress or bad diet

Let's discuss now the skin problems that we can have :
How to Deal with It:
Do this:
Wash face 2x/day with a gentle cleanser
Use products with salicylic acid or niacinamide
Don't touch your face!
Change pillowcases weekly
Eat clean (less sugar & fried foods)


🍵 Let's discuss now the skin problems that we can have :
🛠️ How to Deal with It:
Avoid:
Over-washing or scrubbing
Using alcohol-based toners
Popping pimples!


🍵 Let's discuss now the skin problems that we can have :
🧴 Best Ingredients:
💧 Niacinamide
🌿 Tea tree oil
💦 Salicylic acid
🌸 Zinc

🍵 Let's discuss now the skin problems that we can have :
💡 Pro Tips:
Ice can calm down a swollen pimple
Spot treatment before bed
Stay consistent! Healing takes time


🍵 Let's discuss now the skin problems that we can have :
🔍 What is Hyperpigmentation?:
It's when dark spots or patches appear on the skin
Caused by excess melanin production
Common after acne, sun exposure, or skin irritation

🍵 Let's discuss now the skin problems that we can have :
☀️ Main Causes:
Picking pimples or acne scars
Unprotected sun exposure
Hormonal imbalances
Skin inflammation

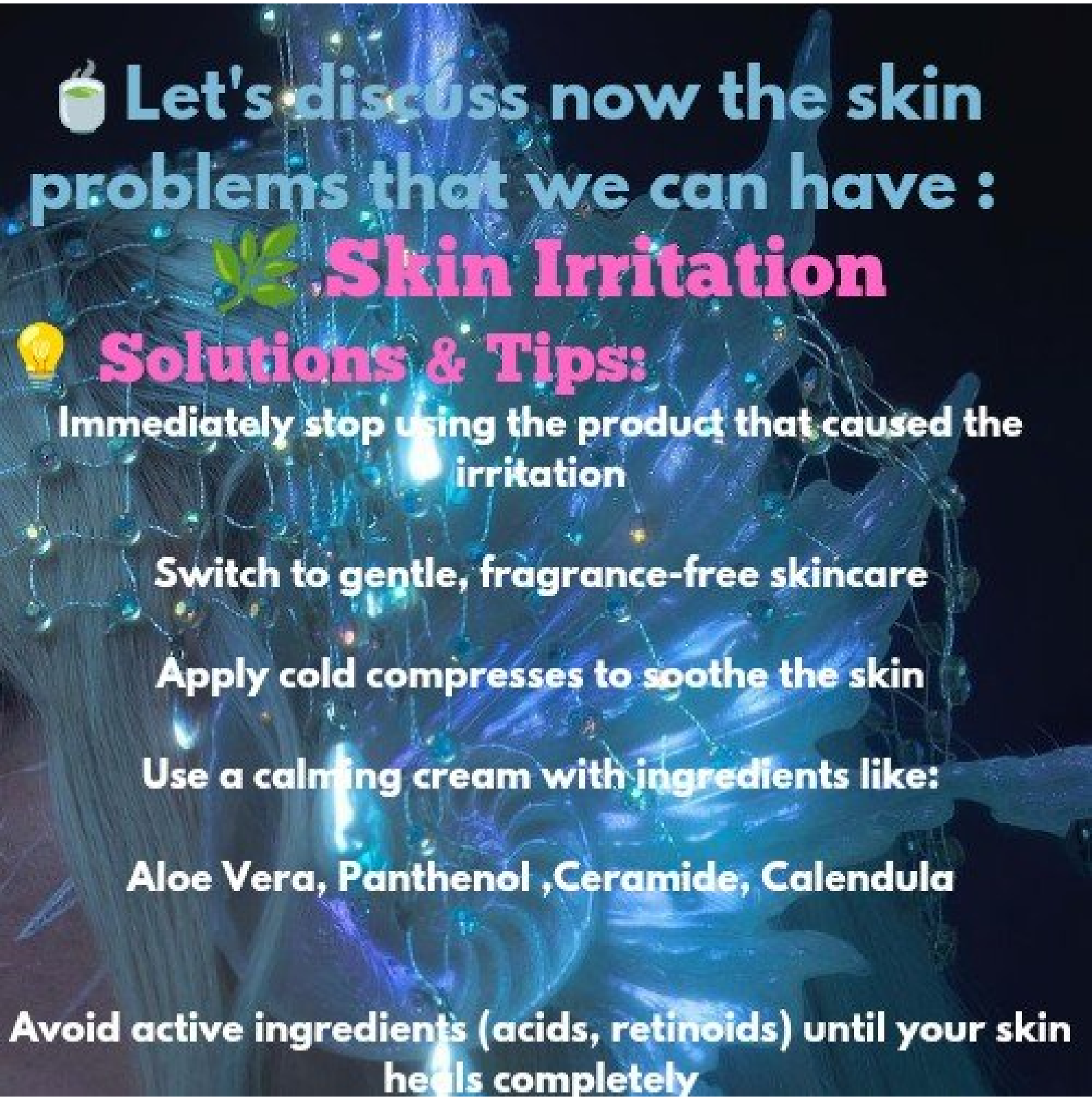
🍵 Let's discuss now the skin problems that we can have :
💡 How to Fade Hyperpigmentation:
🌤️ Protect Broad-spectrum Sunscreen (SPF 30+) Prevents spots from getting darker
✨ Brighten Vitamin C Antioxidant that fades dark spots

🍵 Let's discuss now the skin problems that we can have :
💡 How to Fade Hyperpigmentation:
💧 Calm & Repair Niacinamide Reduces inflammation + evens skin tone
🌙 Renew AHAs (like glycolic acid) Gently exfoliates to fade spots
🌿 Natural Boost Licorice extract / Aloe Vera Soothes and lightens pigmentation

🍵 Let's discuss now the skin problems that we can have :
🚫 Avoid These Mistakes:
Skipping sunscreen even indoors
Over-exfoliating (can make pigmentation worse)
Using lemon juice (too harsh & photosensitive)
Being impatient (it takes weeks to months!)

🍵 Let's discuss now the skin problems that we can have :
🛑 For stubborn pigmentation:
Consider Azelaic acid or Retinoids
Or see a dermatologist for stronger options (peels, lasers, etc.)

Let's discuss now the skin problems that we can have :
Skin Irritation
Common Causes:
Using harsh or unsuitable skincare products
Over-exfoliating
Fragrance or alcohol in products
Sudden weather changes (cold, heat, wind)
Allergic reactions to certain ingredients (like fragrance, sulfates, or acids)
Friction (rough towels, touching or rubbing the face too much)


🍵 Let's discuss now the skin problems that we can have :
🌿 Skin Irritation
💡 Solutions & Tips:
Immediately stop using the product that caused the irritation
Switch to gentle, fragrance-free skincare
Apply cold compresses to soothe the skin
Use a calming cream with ingredients like:
Aloe Vera, Panthenol ,Ceramide, Calendula
Avoid active ingredients (acids, retinoids) until your skin heals completely

Let's discuss now the skin problems that we can have :
Blackheads & Whiteheads:
Common Causes:
Clogged hair follicles with sebum and dead skin cells
Using heavy or comedogenic makeup/products
Not exfoliating regularly
Hormonal changes
Excess oil production
Poor skin hygiene
Sleeping with makeup on

🍵 Let's discuss now the skin problems that we can have :
🌫️ Blackheads & Whiteheads:
💡 Solutions & Tips:
Exfoliate gently 2-3 times a week (preferably with salicylic acid)
Use clay masks once a week (especially for oily/combo skin)
Try niacinamide to regulate oil production
Use retinoids (like adapalene) to clear pores over time
Double cleanse if you wear sunscreen or makeup
Avoid squeezing or picking to prevent scars

🍵 Let's discuss now the skin problems that we can have :
❄️ Dry & Flaky Skin
Common Causes:
Cold or dry weather
Not drinking enough water
Using harsh soaps or cleansers
Hot showers
Lack of nutrients (like Vitamin E or Omega-3)
Not moisturizing regularly

Let's discuss now the skin problems that we can have :
Dry & Flaky Skin
Solutions & Tips:
Use moisturizers with:
Shea Butter,Hyaluronic Acid,Ceramides
Drink at least 8 glasses of water per day
Avoid washing your face with very hot water

Let's discuss now the skin problems that we can have :
Dry & Flaky Skin
Solutions & Tips:
Always apply moisturizer on damp skin
Use a humidifier in your room, especially during winter

@mermaid_glowup